

QUARTERLY NEWSLETTER

LEWIS COUNTY PUBLIC HEALTH

July - August - September 2023

Lewis County Residents,

Welcome to the second edition of our community newsletter!
We hope that this newsletter helps you stay informed about
various health topics and upcoming events.

If there is a topic you would like to know more or have
questions about, please feel free to contact us at
315-376-5453 or go to lewiscountypublichealth.com.

Have a healthy, happy summer, from all of us at Lewis
County Public Health!

Mission —————
To promote and
protect the health
of Lewis County.

Vision —————
Healthy people
living in a healthy
community.

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Health Matters Highlights

Each month, Lewis County Public Health submits a Health Matters article to the Journal & Republican. To read the full articles, you can find them in past copies of the Journal.



APRIL - NATIONAL ALCOHOL AWARENESS MONTH

Lewis County Public Health identified a concerning increase in binge drinking among adults in Lewis County, when completing their Community Health Assessment in Fall of 2022. Binge drinking is defined as men having 5 or more drinks or women having 4 or more drinks on one occasion.

This is concerning because there are short and long-term health risks associated with excessive alcohol use. Some of these include unintentional injuries, violence, sexually transmitted diseases, stroke, heart disease, and various types of cancer.

Addiction is a disease that can happen to anyone. Locally, Credo Community Center offers treatment for those who struggle with excessive alcohol use. If you are struggling with alcohol consumption or know of someone who may be, please know that help is available.

MAY - BETTER SLEEP MONTH

May is known as Better Sleep Month and is meant to bring awareness of the benefits that come with better sleep, plus the disadvantage of lack of sleep.

The average adult needs between 7 to 9 hours of sleep on a daily basis. If one doesn't get enough sleep, it can negatively affect their daily life. A continued lack of enough sleep over time can cause more long-term and serious health problems like heart failure, diabetes, or stroke.

The following are habits you can adopt to encourage better sleep:

1. Have a set sleep schedule
2. Don't eat large or heavy meals within a couple hours of going to bed
3. Get daily physical activity
4. Do calming activities before bedtime



JUNE - NATIONAL SAFETY MONTH

Each week of the month has a theme that reflects important aspects of safety in our homes, workplaces and communities.

Emergency Preparedness: Lewis County Public Health has a staff person and resources devoted to emergency preparedness and community safety. This includes making sure that people have the resources they need to stay safe.

Slips, Trips and Falls: Falls are a leading cause of injury in older adults. Fall prevention tips include installing more lights, taping down throw rugs and adding hand rails on both sides of stairways.

Heat Related Illnesses: More than 600 Americans die each year from extreme heat. Help your body cool down by taking frequent rests in the shade, lots of water and being aware of medications that might interact negatively with sunlight or heat.

Hazard Recognition: Keeping an eye out for dangers in our environment helps us to prevent them from harming us. Dangers could include weather, tripping hazards, and unsafe roadways.

Fair Preview

One of Lewis County's biggest events each summer is the Lewis County Fair, and Lewis County Public Health is excited to be under Forest Park Pavilion again! Just as we have done in the past, we will be talking about different topics each day, have interactive games for both adults and children, and promotional materials (including some new ones!) for you to take home with you. We will be talking about the following topics:

Tuesday: Emergency Preparedness, Summer Safety, and our new Naturally Healthy Lewis County app

Wednesday: Lead and Immunizations

Thursday: Communicable Diseases (Rabies & Lyme Disease)

Friday: Children with Special Needs

We are excited to announce that there will be a sensory room at the fair this year! We recognize that the fair can sometimes be overwhelming, and we want families to be able to have a place to rest so they don't have to leave the fair. If you or your child need a break, this is the perfect place for you. The room can be used by any individuals with a sensory disorder or overstimulated children or adults, and it will be a space designed to be quieter to reset from all the sights and sounds. Sensory items will be available such as a sensory wall, fidgets, headphones, etc. The sensory room, or Colt's Corner, will be located in the Forest Park Pavilion sharing a space with the nursing and changing room stations. It will be open on Tuesday-Saturday from 12:00pm-6:00pm.

We also plan to launch a scavenger hunt during fair week! For each location a person goes to that is located on the Naturally Healthy Lewis County app, they will receive 1 entry to win a prize at the end of the summer! Some of these locations include farmers markets, farm stands & stores, hiking trails, and parks & playgrounds. You can find the flyer for more information on page 10.



Summer Safety

HYDRATION

DRINKING ENOUGH FLUIDS IS ONE OF THE MOST IMPORTANT THINGS YOU CAN DO TO PREVENT HEAT ILLNESS.

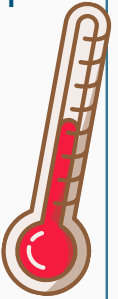
Water will almost always maintain hydration during work in the heat, as long as you eat regular meals to replace salt lost in sweat.



BEAT THE HEAT

WHO IS AT RISK FOR HEAT RELATED ILLNESS?

- Children
- Outside Workers
- Older adults
- People with disabilities
- Males are more likely to be affected



HOW TO AVOID HEAT RELATED ILLNESS

- Stay hydrated with water and avoid sugary drinks
- Stay cool in an air conditioned area
- Wear lightweight, light-colored, loose-fitting clothes

STEPS FOR HEALTHY SWIMMING

1

Stay out of the water if you have diarrhea

3

Don't pee or poop in the water

2

Shower before you get in the water

4

Don't swallow the water

Keep the pee, poop, sweat, and dirt out of the water!

Rabies



WHAT IS RABIES?

Rabies is a fatal but preventable viral disease. It can spread to people and pets if they are bitten or scratched by a rabid animal. In the United States, rabies is mostly found in wild animals like bats, raccoons, skunks, and foxes.

WHAT TO DO IF BITTEN

BY A WILD ANIMAL

- Immediately wash the wound with lots of soap and running water
- Capture the animal, if possible so that it can be tested. Make sure you do not damage the animal's head
- Get medical attention. **DO NOT DELAY SEEKING MEDICAL ADVICE**
- Call Lewis County Public Health at 315-376-5453
- If necessary, a dead animal may be kept on ice until it can be tested

BY A PET DOG OR CAT

- Immediately wash the wound with lots of soap and running water
- Obtain the pet owner's name, address and phone number
- Get medical attention. **DO NOT DELAY SEEKING MEDICAL ADVICE**
- Call Lewis County Public Health at 315-376-5453



WHAT DOES RABIES LOOK LIKE?

THE FIRST SIGN OF RABIES IS A CHANGE IN AN ANIMAL'S BEHAVIOR. AN ANIMAL COULD ACT UNUSUALLY AGGRESSIVE OR TAME. OTHER SIGNS ARE:

- The animal may lose its fear of people and natural enemies
- A wild animal may appear affectionate and friendly

PRECAUTIONS TO TAKE

- Keep your dogs, cats and ferrets up to date on vaccinations
- Have homes and camps bat-proofed
- Don't feed, touch or adopt wild or stray animals
- Tightly cap garbage cans. Don't attract animals to your home or yard
- Feed pets indoors; never leave them outside unattended
- Keep a pair of work gloves handy to capture a bat or in case your pet is attacked
- Teach children not to touch any animal they do not know and to tell an adult immediately if they are bitten by any animal

Ticks



WHY ARE TICKS BAD?

Ticks can be infected with bacteria, viruses, or parasites. Some of the most common tick-borne diseases in the United States include: Lyme disease and Rocky Mountain Spotted Fever.

DON'T FORGET TO CHECK!

- Check yourself and your clothing for ticks so you don't bring them inside
- Check your pets for ticks daily, especially after being outside

HOW TO REMOVE A TICK

If you have a tick attached to your skin, remove it as soon as possible!

1. Use a pair of pointed tweezers
2. Grasp the tick by the head or mouth right where it enters the skin
3. Pull firmly and steadily upward
4. Place the tick in a small container of rubbing alcohol to kill it
5. Clean the bite wound with rubbing alcohol or hydrogen peroxide
6. Monitor the site of the bite for the next 30 days for the appearance of a rash
7. If you develop a rash or flu-like symptoms, contact your health care provider immediately

WHERE CAN YOU FIND TICKS?

Ticks live in tall grassy, brushy, and wooded areas. They are most active during warmer months!



CHECK FOR TICKBORNE ILLNESSES

Many tickborne diseases have similar signs and symptoms. If you get a tick bite and develop the following symptoms, see your healthcare provider.

Symptoms:

- Fever and/or chills
- Aches and pains such as headache, fatigue, muscle or joint pain
- A rash that looks like a bullseye



Suicide Prevention Month

September is National Suicide Prevention Month. All month, mental health advocates, prevention organizations, survivors, allies, and community members unite to promote suicide prevention awareness.



In June, we were able to go to Beaver River Central School to educate 6th graders about mental health!

The behaviors listed below may be some of the signs that someone is thinking about suicide.

Talking about:

- Wanting to die
- Great guilt or shame
- Being a burden to others

Feeling:

- Empty, hopeless, trapped, or having no reason to live
- Extremely sad, more anxious, agitated, or full of rage
- Unbearable emotional or physical pain

Changing behavior, such as:

- Making a plan or researching ways to die
- Withdrawing from friends, saying goodbye, giving away important items, or making a will
- Taking dangerous risks such as driving extremely fast
- Displaying extreme mood swings
- Eating or sleeping more or less
- Using drugs or alcohol more often



LOCAL RESOURCES

- Lewis County Suicide Prevention Coalition
 - www.lewiscountysuicideprevention.com
- Behavioral Health & Wellness
 - Monday-Friday Phone: 315-376-5450
 - Evening & Weekend Phone: 315-405-0696
- Lewis County Traumatic Loss Team
 - Phone: 315-376-9735
- National Suicide Prevention Lifeline
 - Phone: 988
- Crisis Text Line
 - Text "Got 5" to 741741



Back in May, two of our Public Health Specialists attended the Mental Health Walk to distribute mental health resources!

Preparedness Month

National Preparedness Month is an observance each September to raise awareness about the importance of preparing for disasters and emergencies that could happen at any time.

ARE YOU PREPARED?

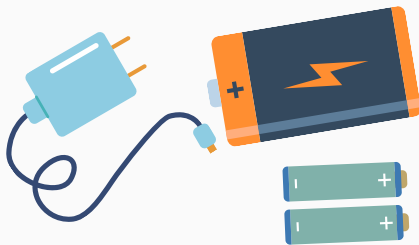
Act now to gather supplies and learn the skills you need to prepare and protect yourself and others in an emergency.



Gather enough personal needs like food, water, and medical supplies to last your family including pets, at least 3 days.



Make a first-aid-kit that includes gloves, a thermometer, waterproof bandages, and antibiotic cream.



Prepare for power outages with backup and alternative lighting and power sources, such as flashlights and a power bank, for your cellphone.

Learn, practice, and teach others important practical skills, such as frequent handwashing that can protect your health in an emergency.



Collect and protect important paperwork, such as insurance cards and personal identification.

Talk to your doctor and your pet's veterinarian about creating an emergency supply of prescription medicines.



Have multiple, well-fitting masks for everyone ages 2 and older. Know and follow the masking recommendations and requirements of your state and local health departments.



When soap and water are not available, use hand sanitizer with at least 60% alcohol to keep hands clean.



Carry household disinfecting wipes to kill germs on frequently touched surfaces.



Naturally Healthy App

Did you know that Lewis County Public Health now has an app? It's free too!



Naturally Healthy

The first side of the app, called Naturally Healthy, has a lot of great resources for low or no cost physical activity opportunities, farm stands and stores, right here in Lewis County. You will find:

- Farmers Markets
- Trails
- Farm Stands & Stores
- Parks & Playgrounds
- Recreation Facilities
- Seasonal Activities

Each section contains more information like location, hours, who you can contact, photos, and more!

You can download the app two ways:

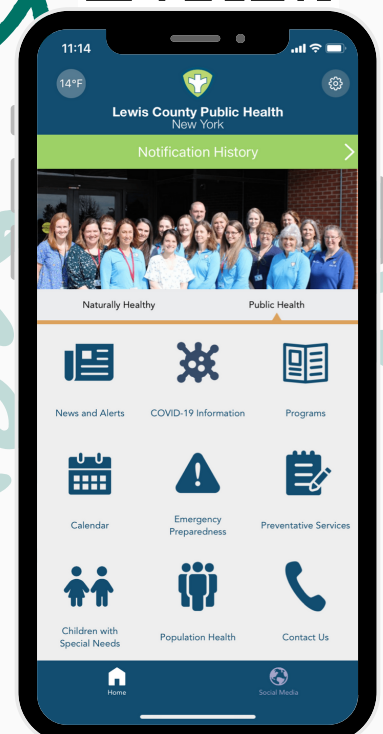
1. Search Naturally Healthy Lewis County in your app store
2. Hold your phone's camera up to the QR code here and click on the link when it pops up on your screen



Public Health

The other side of the app, the Public Health side, you will find up to date information about our core services, including:

- News & Alerts
- COVID-19 Information
- Programs
- Calendar
- Emergency Preparedness
- Preventative Services
- Children With Special Needs
- Population Health
- Contact Us



Naturally Healthy Lewis County Scavenger Hunt

Download the app by
scanning this QR code!



Lewis County is dedicated to providing the best resources for a naturally healthier lifestyle.

Each location you go to that is located on the Naturally Healthy Lewis County app is one entry to win a prize at the end of the summer!

Make sure you download the free Naturally Healthy Lewis County app from your app store!

For more information about how you can participate in the scavenger hunt, go to lewiscountypublichealth.com, click on Population Health Information, and scroll down to Naturally Healthy Lewis County.



COLT'S CORNER

The Lewis County Fair is excited to partner with
Lewis County Public Health to bring a **sensory room** to the 2023 fair.



Public Health
Prevent. Promote. Protect.
LEWIS COUNTY



Who?

Anyone who needs a break! Such as individuals with a sensory disorder or overstimulated children/adults

What?

A space designed to be quieter to allow for individuals to take a break & reset from all the sights & sounds. Sensory items will be available such as a sensory wall, fidgets, headphones, etc.

Where?

In the hockey locker room In the Forest Park Pavilion with the baby changing and nursing stations.

When?

12pm-6pm , Tues July 18th - Sat July 22nd
* Subject to change

Why?

The Lewis County Fair is a fair for everyone! We recognize that all the lights & sounds may be overwhelming and we want families to be able to have a place to go to be able to rest and reset instead of having to leave the fair!



We will have a new class starting this Fall!
Call us to take advantage of this free opportunity!



LEWIS COUNTY PUBLIC HEALTH PRESENTS
**DIABETES PREVENTION
PROGRAM (DPP)**

A FREE lifestyle change program that reduces your risk of Type-2 Diabetes

EVENINGS FROM 5-6 PM

LEWIS COUNTY JCC EDUCATION CENTER
7395 EAST RD LOWVILLE, NY 13367

What do Lewis
County
Residents say?

"The people I met in my class have motivated me and I hope to keep them in my circle of friends."

"With your support, I am a new person! Thank you for helping me start a new lifestyle!"

"I learned a lot from this class. I plan to continue using the information I learned for the rest of my life."

"After 16 weeks, I've learned when to eat, what to eat and how to eat. I also learned that we are responsible for ourselves. We have the willpower when it comes to eating and exercising. Most of all, we are able to forgive ourselves if we make a mistake. We start over and make better choices and continue on."

Sign up by calling 315-376-5453
or fill out the self-referral form at lewiscountypublichealth.com

LEWIS COUNTY PUBLIC
HEALTH PRESENTS

DIABETES SELF- MANAGEMENT PROGRAM (DSMP)

Join us for a 6-week workshop to learn the skills needed to manage type 2 diabetes!

Topics may include:

- ways to deal with diabetes symptoms, fatigue, pain, and stress
- exercise for maintaining and improving strength and endurance
- healthy eating
- taking medications as prescribed
- working more effectively with health care providers

Classes take place each week and are 2 1/2 hours long.

They will be at the JCC Education Center:
7395 E Rd, Lowville, NY 13367

Have questions or want to sign up?
Call us!
315-376-5453

We will have a new
class starting this Fall!
Call us to take
advantage of this free
opportunity!


Public Health
Prevent. Promote. Protect.
LEWIS COUNTY



SUICIDE BEREAVEMENT SUPPORT GROUP

All ages
welcome!

Supporting suicide loss survivors in Lewis County and the surrounding areas.



When:

The 4th Tuesday of each month
6:00-7:30

Register by:

emailing sierrakempney@lewiscounty.ny.gov
or
calling 315-376-5453



EARLY INTERVENTION MONTH SEPTEMBER 2023



PARTICIPATE IN FUN ACTIVITIES

- Book readings in Public Health's lobby every Wednesday at 10am
- Weekly displays in the Children's Building Lobby (Public Health offices) at the Lewis County Hospital.
- Fun activity ideas to incorporate at home



LEARN SOMETHING NEW

- Educational information will be shared on our Social Media pages about Occupational Therapy, Physical Therapy, Speech, and Special Education.



A SHOWCASE OF OUR PROVIDERS

- Occupational Therapy Providers
- Physical Therapy Providers
- Speech Providers
- Special Education Teachers

For more information call Lewis County Public Health at 315-376-5453

We Want to Hear From You!

Would you like to subscribe to this newsletter so you automatically get it sent to you?

Have a suggestion for the Naturally Healthy App?

Is there a certain health topic you want to know more about?

Have a question about the services we offer?

Lewis County Public Health wants to hear from you!



sierrakempney@lewiscounty.ny.gov

Follow our Socials!

Do you want even more public health content?
Follow us on our social media accounts!



Lewis County Public Health



[lewisco_publichealth](https://www.instagram.com/lewisco_publichealth)

Public Health Word Search

C	I	Z	C	H	H	P	C	A	D	V	L	H	I	K	B	T	O	K	C	J	V	U
C	N	B	A	M	E	C	R	L	O	R	T	N	O	C	E	S	A	E	S	I	D	U
P	V	I	T	U	K	A	W	O	E	R	V	E	T	T	C	T	R	U	S	T	A	A
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A	P	A	T	J	B	N	M	T	M	L	G	M	M	S	P	Q	G	N	V	F	G	T
Z	T	P	N	P	A	K	J	I	X	I	Z	F	W	E	L	L	B	E	I	N	G	U

Find the following words in the puzzle.

Words are hidden     and .

ASSESSMENT
COMMUNITY
DISEASE CONTROL
EDUCATION
HEALTH PROMOTION
INTERVENTIONS
INVESTIGATING
PARTNERSHIPS

PLANNING
POLICY
PREVENTION
PROBLEM SOLVING
PROTECTION
RESEARCH
SAFETY
TEAMWORK

TREATMENT
TRUST
VACCINES
WELL BEING